

SENSORY COLOUR ASSOCIATION CHART

FOR VISUALLY IMPAIRED CHILDREN

A Practical Guide for Parents & Educators

COLOUR	TOUCH / SENSORY FEEL	EMOTION / ATMOSPHERE	REAL-LIFE EXAMPLES
RED	Warmth, heat from a fire, sweet warmth, loud drums	Energy, excitement, urgency	Sweet strawberries, fire engines, warm radiator
BLUE	Cool flowing water, gentle breeze, soft piano music	Calmness, peace, quiet rest	Ocean waves, rain showers, cool evening air
GREEN	Soft damp grass, crisp leaves, fresh herbal scent	Growth, freshness, vitality	Garden plants, fresh leaves, crisp green apples
YELLOW	Golden sunlight on skin, soft warm fleece, upbeat tune	Joy, cheerfulness, happiness	Morning sun rays, bananas, cheerful laughter
BLACK	Absolute silence, heavy cozy blanket, deep low bass	Depth, quietness, stillness	Nighttime, still rooms, cozy dark spaces
WHITE	Cold crisp snow, fluffy cotton, open calm space	Cleanliness, purity, simplicity	Snowflakes, cotton balls, quiet empty rooms

QUICK PARENT TIPS FOR DAILY ACTIVITIES

1. Mealtime: Connect colors with taste & texture — “Green peas taste fresh.”
2. Outdoor Walks: Connect weather to colors — “Warm sun on your face is Yellow.”
3. Clothing: Describe daily clothes by color to build independence — “Your blue shirt.”

Designed as a practical sensory guide to help children build meaningful associations with colour through touch, sound, temperature, emotion, and everyday experiences.